

Covid-19 Update

Guidance from 2nd Dec 2020

We have been living under lockdown restrictions since the 5th November and these national rules are still in place until Wednesday 2nd December, when new restrictions apply. There are 3 different tiers of restrictions, with the previously introduced tier rules being strengthened. It is therefore important that everyone reads the new rules to ensure they are following up to date guidance. They are available on this link: [Local restriction tiers: what you need to know - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/local-restriction-tiers-what-you-need-to-know)

Cumbria has been placed in Tier 2. This means that as well as the usual hygiene advice and social distancing and face covering rules, you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting and you must not socialise in a group of more than 6 people outside (rule of 6). Organised outdoor sport is allowed but organised indoor sport is only permitted if it is possible for people to avoid mixing with those they do not live with. Full details can be found on the above link. Specifically thinking about the coming festive period, non-essential shops, hairdressers etc are re-opening following Covid-secure guidelines, though pubs and bars must close unless operating as a restaurant, and these must close at 11pm with last orders at 10pm. You will only be able to socialise indoors with those in your household or support bubble. This also applies when attending places of worship. If you live in tier 2 you should continue to follow tier 2 rules if you travel to a tier 1 area and you should avoid travel to or overnight stays in tier 3 areas.

Between 23rd to 27th December however you can form an exclusive “Christmas Bubble” composed of people from no more than 3 households. You can only be in one Christmas bubble & cannot change your bubble. You can travel between tiers & UK nations for the purposes of meeting your Christmas bubble. You must follow the rules of the tier you are staying in.

[Making a Christmas bubble with friends and family - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/making-a-christmas-bubble-with-friends-and-family)

gives further guidance. It also advises reducing unnecessary contact with those you do not live with as much as possible in the two weeks before you form your Christmas bubble and it is also important to try and keep bubbles as small

as possible. You can meet your Christmas bubble by visiting each other's homes, staying overnight, including in private rented accommodation. You can also attend a place of worship together or meet in public outdoor spaces. Your bubble can not however meet together in any other indoor setting such as a pub, hotel, restaurant, theatre or shop.